



SEASONAL ROOTS

Dirt to Doorstep®

Read it in the Newsletter Archive with [clickable links](http://SeasonalRoots.com/blog) at SeasonalRoots.com/blog

GIVING IS ALWAYS IN SEASON

4 WAYS YOU CAN HELP FIGHT HUNGER IN YOUR COMMUNITY



Fresh local food donated by Seasonal Roots filled Nickie's kitchen and dining room!

On delivery day last week, the day before Thanksgiving, one of our neighborhood Market Managers, Nickie, posted this on Facebook: "I'm volunteering with the 25 Project to provide meals to roughly 500 homeless living in shelters and tent cities in DC and Northern Virginia tomorrow. I reached out to the good people at Seasonal Roots to see if they could send some surplus veggies my way, and boy did they deliver. Literally. All of this was waiting for me on the truck this morning. I am overwhelmed with gratitude to the farmers and founders who were able to provide all this nutritious produce to those in our area who so desperately need it. Stay tuned for updates on the mass cooking project going down in my house tonight as I prepare for tomorrow!"

Our Chief Happiness Officer, Lesley, shared it on our Facebook page the day after Thanksgiving, adding: "We get so excited when we're given the chance to share the love of local, especially when it's to those in need. We are incredibly thankful for sweet souls like Nickie who help spread that love." Later that day, Nickie posted an update: "Thank you again! Meals were served to 525 people yesterday. We couldn't have done it without your extreme generosity."

From our Hub in Richmond, Sam, our Farmer Connector, regularly donates any excess produce to the Greater Richmond Food Bank. If you'd like to join the fight against hunger in your community, here are four ways you can help:

1. Just by ordering your weekly basket, you're making it possible for Seasonal Roots to donate food on behalf of all of us.
2. Make your own food donations to the hunger-fighting charity of your choice.
3. Volunteer like Nickie.
4. Donate money. It's usually tax deductible, and charities put cash to good use!

For suggestions on worthy local charities that help fight hunger, visit our Veggie Fairy Blog: seasonalroots.com/blog/fight-hunger

HOLIDAY SCHEDULE

Mark your calendars!
Last local food
deliveries in 2017:
DEC 20 & DEC 21
First local food
deliveries in 2018:
JAN 17 & JAN 18!
(Weather permitting!)

ORDER THIS WEEKEND

TWO SPECIALS

for Members & Guests!!



**ALL BEEF
50¢ OFF**

Stock up & save!

Grassfed and humanely
raised right here in
Virginia, full of what's
good for you plus mouth-
watering flavor!

**PBJ BUNDLE
\$20**

For the kid in all of us!

Includes Virginia-made
peanut butter, wine
jellies, and freshly baked
bread!



MUSHROOM TURKEY (or ham or squash!) TETRAZZINI**Ingredients:**

BOMBOLINI pasta
1 chicken bullion cube
1 VAN DESSEL FARM leek
2 T TRICKLING SPRINGS butter
½ lb RUDY'S crimini mushrooms
1 clove PINE KNOT FARM garlic,
diced
2 c RED HAWK FARM spinach
(from last week), chopped

T flour
¼ c chicken broth
2 t FLORES FARM fresh thyme
½ t salt
1 c fat-free evaporated milk
2/3 c grated Parmesan cheese
4 c cooked turkey or ham, cubed
¼ t paprika

*Make it vegetarian
with last week's DEER RUN
FARM butternut squash,
cooked*

Directions:

1. Cook pasta according to directions. Reserve 2½ c cooking liquid. Add bouillon to reserved liquid and set aside.
2. Place pasta in greased 13x9 baking dish. Set aside.
3. In large skillet, sauté leek in butter until almost soft. Add mushrooms and cook until tender.
4. Stir in garlic and spinach. Cook 1 minute. Stir in flour until blended.
5. Gradually stir in reserved cooking liquid mixture. Add thyme and salt. Bring to boil and stir 2 min or until thickened.
6. Reduce heat to low. Stir in milk and 1/3 c of the cheese until blended. Add turkey and stir until heated through.
7. Pour turkey mixture over pasta and toss to combine. Sprinkle with paprika and remaining cheese. Cover and bake at 375 for 25-30 min or until bubbly.

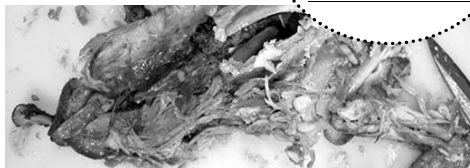
The Thanksgiving Leftovers Edition!

**TURKEY NOODLE SOUP****Ingredients:**

1 medium onion, diced, or
1 bunch COTTLE ORGANICS
spring onion, chopped
2 cloves PINE KNOT FARM garlic,
minced
2 T cooking oil
3 VAN DESSEL FARM carrots,
peeled and chopped into 1" pieces
3 ribs celery, chopped into 1" pieces
2 T FLORES FARM fresh thyme leaves
2 t salt
1 t pepper
1 bay leaf (remove before serving)
3 quarts turkey broth
2 c BOMBOLINI pasta
2 c leftover turkey meat, cubed

Directions:

1. Sauté onion and garlic in a medium stock pot until translucent, about 5 min.
2. Add in carrots, celery, and seasonings. Cook for a couple minutes to slightly soften.
3. Pour in broth. Bring to a simmer and cook until veggies are soft.
4. Meanwhile, cook pasta according to package directions in a separate pot.
5. Once veggies are soft, add in turkey. Cook 5-10 min. Stir in noodles and serve.

**MAKE YOUR OWN
TURKEY BROTH!****Ingredients:**

1 turkey carcass, meat stripped off, cut
in smaller pieces with kitchen shears
2 onions, quartered, or
1 bunch COTTLE ORGANICS
spring onions, chopped roughly
2 celery ribs, chopped roughly
1 bay leaf
3 cloves PINE KNOT FARM garlic,
smashed
2 T apple cider vinegar

Directions:

1. Combine ingredients in large stock pot or crock pot. Cover with water. Bring to a boil, then reduce heat to medium and simmer, about 3 hours. (Or 2 hours in a pressure cooker.) Longer cook time produces more flavorful broth.
2. Once finished, strain broth to remove large pieces of meat, bones, fat, etc.

Find all these
recipes &
more at
[pinterest.com/
seasonalroots](https://www.pinterest.com/seasonalroots)

TIPS & HACKS**How to wash leeks**

The most dirt is found at the leek's base, where the layers are tightly packed.

1. Trim ends. Cut leeks to desired size.
2. Transfer leeks to bowl of cold water with 3 times as much water as leeks.
3. Rub together until layers separate.
4. Leave for 1 min while grit settles to the bottom.
5. Lift leeks from water and place in colander to drain. **Do not pour leeks** from the bowl into the colander or you'll pour the dirt all over them again!

